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# The Busy Body

Volume 2, Issue 1

Spring 2007



## The Five Components of Physical Fitness

One of the many benefits of regular physical activity and exercise is achieving physical fitness. Physical fitness can be defined as the body's ability to adapt or respond to the demands and stress of physical effort. Physical fitness is often referred to as being "in shape" or "fit."

The advantages of physical fitness are wide-ranging, from being able to meet daily energy needs and having a realistic and positive self-image, to protection from chronic diseases such as: heart disease, cancer, and diabetes.

To attain fitness, the five components of physical fitness must be addressed. The five components of physical fitness are: cardiorespiratory fitness, muscular fitness (including muscular strength and muscular endurance), flexibility and body composition.



### Component 1—Cardiorespiratory Fitness

#### **What is it?**

Cardiorespiratory Fitness refers to the ability of the body to sustain prolonged rhythmic activity. It is achieved through aerobic exercise, which is any activity where the amount of oxygen taken in by the body is more than, or equal to, the amount expended.

#### **Types of exercise**

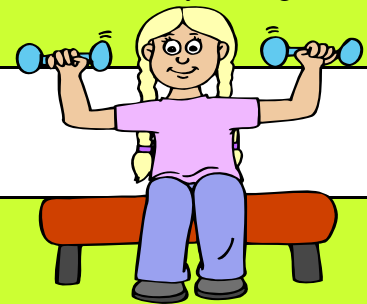
Dancing, bicycling, in-line skating, walking, jogging, jumping rope, swimming, skiing, tennis, basketball, soccer.

# Five components of physical fitness continued

## Component 2 and 3—Muscular Fitness (Strength and Endurance)

<b>What is it?</b>	Muscular Strength refers to the force within muscles, the maximum amount of weight that can be lifted, pushed or pressed in one effort. Muscular Endurance is the ability to perform repeated muscular effort, how many times weight can be lifted, pushed or pressed. Both are equally important.
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<b>Types of exercise</b>	Pull ups, sit ups, tug-of-war, one-leg hops, any exercise that uses the body's weight as resistance.
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## Component 4—Flexibility

<b>What is it?</b>	Flexibility is the range of motion around specific joints. Both muscles and connective tissues (tendons and ligaments) shorten and become tighter if not used through their full range of motion, or not used at all.
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<b>Types of exercise</b>	Can be performed statically (without movement) and dynamically (with movement). Foot pull, head tilt, wall stretch, triceps stretch, calf stretch, quadriceps stretch, knee-chest pull.
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## Component 5—Body Composition



<b>What is it?</b>	The percentage of fat mass vs. fat-free mass (muscle, blood, bone, etc) in the body. Body fat is often expressed as “body fat percentage.” A combination of regular exercise and good nutrition is the best method to maintain a healthy body composition.
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<b>Ways to measure</b>	Waist circumference, a series of skinfold fat measurements, underwater weighing, Bio-electrical Impedance Analysis. Some methods may not be appropriate for children.
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Reference: Hales, Dianne (2006). *An Invitation to Health, 4th ed.*  
Belmont, CA: Thomson Wadsworth

# Fun Classroom Activities

**I**s your center limited in providing physical activity for kids outdoors? Are you looking for ways to include physical activity in the classroom?

Human Tic-Tac-Toe, Exercise Tag and Six Corners are wonderful activities to provide classroom fun.

Human Tic-Tac-Toe provides a physical activity twist on the popular game. Place nine chairs at the front of a selected room and place them three by three. Next, divide the class into X's and O's and decide which will go first. Then, just like in regular tic-tac-toe, the X's and O's alternate, except they move and sit in chairs instead of drawing on paper. Each team is asked a question, and if they get it right they get to sit. If



not, the same question is posed to the other team. Try to include questions involving any curriculum that is provided at the center, including health education.

The winner is determined with tic-tac-toe across, up or down and diagonally.

Exercise Tag requires three to four foam balls. Begin the game by having the children scatter and sit in their own personal space. Then pass out the foam balls to designated children. Create a signal (music is one idea) that indicates the children need to stand up and begin moving around. The children with the foam balls then try to tag the other children with the ball. If tagged, the children go to an assigned area where they perform a selected exercise a selected number of times, i.e. 10 jumping jacks, 15 sit-ups, etc. When finished, they come back into the game. The game can be repeated with different taggers and different exercises.



Six Corners is a simple classroom game that only requires one foam die, and some music. Begin the game by numbering areas of the room one through six. Next, begin playing some music and have all the children move in the same way and in the same direction. Have the children move in active

ways, i.e. skipping, jogging, etc. Once the music stops give the children five seconds to get to a numbered area. When all the children are in an area, roll the foam die. The number of the area that has the corresponding number rolled then must perform a predetermined physical activity, i.e. 10 push-ups, 15 toe touches, etc. Once completed begin the music and the game again.

All of the preceding activities were created by John Williams, and can be found, along with many other exercise games, at [www.pittschools.org/aes/physed8.htm](http://www.pittschools.org/aes/physed8.htm)

## Healthy Habits 101

**I**t's not too late!

The Child and Adult Care Food Program still has seats available for the March 12 Healthy Habits 101 class. Healthy Habits 101 is a free learning opportunity that focuses on a wide range of nutrition topics including: basic nutrition concepts, trans fats, calcium, whole grains, food labels, portion control, fast food, metabo-

lism, and daily caloric needs.

If you would like to attend the March 12 class, and learn more about your health, please register online at [www.ade.az.gov/onlineregistration](http://www.ade.az.gov/onlineregistration)

If you have any questions please contact Dustin Melton at 602-364-0141, or [dustin.melton@azed.gov](mailto:dustin.melton@azed.gov)



**Spring into Fitness!**



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Printed in Phoenix, Arizona, by the Arizona Department of Education with funds from the U.S. Department of Agriculture.

Copies: 0, Total Cost: \$ , Unit cost: \$ , Date:

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